

WHAT IS CLAIMED IS:

- 1                   1.     A support pillow comprising:  
2                   a pillow body having a medial region and two opposing arms that define an  
3                   outer periphery and an inner periphery, wherein the inner periphery defines a  
4                   generally open well;  
5                   at least one flap coupled to the pillow body at the outer periphery to adjust the  
6                   position of the pillow when worn about a user.
- 1                   2.     A pillow as in claim 1, wherein the flap comprises a piece of fabric  
2                   that is coupled to the pillow body.
- 1                   3.     A pillow as in claim 1, wherein the pillow body comprises a fill  
2                   material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.
- 1                   4.     A pillow as in claim 3, wherein the fabric cover comprises a top piece  
2                   and a bottom piece that are sewn together along a seam line, and wherein the flap is sewn  
3                   between the top piece and the bottom piece.
- 1                   5.     A pillow as in claim 1, wherein the flap comprises a first flap and  
2                   further comprising a second flap coupled to the pillow body at the outer periphery.
- 1                   6.     A pillow as in claim 5, wherein the flaps are coupled to the pillow  
2                   body near where the two arms meet the medial region.
- 1                   7.     A pillow as in claim 6, wherein the flaps are positioned about 12  
2                   inches to about 20 inches apart.
- 1                   8.     A pillow as in claim 1, wherein the flap extends from the pillow body  
2                   by a distance in the range from about 1 inch to about 6 inches.
- 1                   9.     A pillow as in claim 1, wherein the arms and the medial region are  
2                   generally curved to provide a curved exterior periphery.
- 1                   10.  A method for positioning a pillow about a person, the method comprising:  
2                   providing a pillow comprising a pillow body having a medial region  
3                   and two opposing arms that define an outer periphery and an inner periphery, wherein  
4                   the inner periphery defines a generally open well; and at least one flap coupled to the  
5                   pillow body at the outer periphery to adjust the position of the pillow when worn  
6                   about a user;  
7                   placing the pillow about a person's torso; and  
8                   grasping the flap and manipulating the pillow body to a desired  
9                   orientation about the person's torso.

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11                    11.     A method as in claim 10, wherein the flap comprises a piece of fabric  
12     that is coupled to the pillow body, and wherein the piece of fabric is grasped in the person's  
13     hand.

1                    12.     A method as in claim 10, wherein the pillow body comprises a fill  
2     material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.

1                    13.     A method as in claim 12, wherein the fabric cover comprises a top  
2     piece and a bottom piece that are sewn together along a seam line, and wherein the flap is  
3     sewn between the top piece and the bottom piece.

1                    15.     A method as in claim 10, wherein the flap comprises a first flap and  
2     further comprising a second flap coupled to the pillow body at the outer periphery, and  
3     wherein the first flap or the second flap is grasped.

1                    15.     A method as in claim 15, wherein the flaps are coupled to the pillow  
2     body near where the two arms meet the medial region, and wherein the flaps may be coupled  
3     with each hand.

1                    16.     A method as in claim 16, wherein the flaps are positioned about 12  
2     inches to about 20 inches apart.

1                    17.     A method as in claim 10, wherein the flap extends from the pillow  
2     body by a distance in the range from about 1 inch to about 6 inches.

1                    18.     A method as in claim 10, wherein the arms and the medial region are  
2     generally curved to provide a curved exterior periphery.